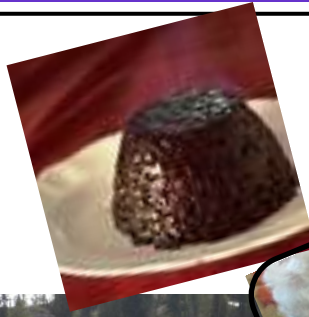




# Seniors Today

Volume 35  
Winter  
2014/15



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- YK Seniors Archives
- Walt Humphries
- Seniors who Spoke Out
- Isabell McDorman
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100 years ago

WW 1



75 years ago- World War II

## Let Us Remember



**100 Years Ago**

**On August 5, 1914, The Governor General of Canada, Prince Arthur, the Duke of Connaught, declared war on Germany.**

**The first contingent of the Canadian Expeditionary Force arrived in England on October 14, 1914**

**At the end of WWI Canada's total casualties stood at 67,000 killed and 250,000 wounded out of an expeditionary force of 620,000 people, or 39%.**

## EXECUTIVE DIRECTOR'S REPORT YELLOWKNIFE SENIORS' SOCIETY

Well Fall Season is upon us and things here at the YK Seniors' Society is back up and running at full capacity. We are offering the following events for those that would like to join.

- \* Line Dancing at 7:30 on Friday night
- \* Carpet Bowling @2 on Friday afternoon
- \* Lane Bowling on Wednesday afternoon at 2pm at the King Pin Centre
- \* Lawn Bowling Tuesday afternoon at 2pm at the field house
- \* Bridge Tuesday nights at 7pm
- \* Tai Chi for Seniors Saturday morning at 11am
- \* Scottish country Dancing Monday night @ 7:30 and the last Monday of the Month we perform over at Avens Manor for the residents.
- \* Healing touch the last Thursday of the month starting at 7:00pm
- \* Cancer support Group for men and women the 2nd Wednesday of each month in our board room
- \* Curling at 1:30pm on Mondays at the YK Curling Club.

Our most popular event is by far the Lunch with a Bunch program. For only \$5.00 you can have the most fabulous meal with some great friends.

Our annual Craft sale is going to be held on Nov 22nd starting at 11am and go until 3:00pm, we will also be doing an early bird draw for \$1000.00 compliments of Lloyd Lush from our Raffle. So buy your tickets early.

Those are the highlights that are going on here at the Baker Community Centre. If you are not a member yet you should become one or if you are a member and never come you need to come by more often to see what is going on.

**Kimberly Doyle**

**Carolyn England was involved in many local organizations, one of which was the DMS, ('Daughters of the Midnight Sun'). It was after I joined the DMS in 1957 that I came to know Carolyn, she already being an active member. We were to take part in many floor shows together, a show that the DMS came to be well known for, a twice a year event held at the ELK's Hall in Yellowknife.**

**Of the many events covered by the floor shows, one that stood out was when Carolyn was called upon to dress up as Tom Doornbos, ( a local character who will be remembered by most of the 'old timers ), Carolyn carried out her task with her usual willingness and good humour.**

**After first meeting Carolyn in 1957, and many times through the years, I was privileged to visit with her again only a few months ago during my visit to Yellowknife. I found Carolyn sitting by the window of her home in the 'Old Town' watching the world go by. Though looking rather frail, I was glad to see my friend had her usual smile.**

**Carolyn will be missed by many. May she rest in peace.**

**Peggy Radcliffe.**

Ed Note: In 1948, 15 women got together and formed the Daughters of the Midnight Sun (DMS), to give the women in town a social group of their own.





# WHO ARE THEY?

If you know who any of these people are, let us know at [ykseniorsociety@theedge.ca](mailto:ykseniorsociety@theedge.ca), so we can update our archives.



## Did You know?

On June 14, 1992 the Yellowknife Inn closed its colourful Miners Mess Restaurant,

Tony Whitford drew the last cup of coffee. More than 80 people showed up as Smokey Heal, Mel Straeder and Richard Whitford auctioned off the tables and chairs. \$1520 from the auction was donated to the Avens Seniors Centre.



**Our Seniors win in the Yellowknife Lawn and Landscape Competition**

**Hal & Bonnie Logsdon—  
Green House**



**Hilya Hall – Flower Garden**

**Gloria & Rudy Reyes –  
Landscaping**



## Seniors Speak !

### **About Yellowknife Restaurants**

#### **Are there any Yellowknife restaurants that you would recommend to friends and tourists?**

Dave Ritchie...Gold Range Bistro, Elks Club, Blue Star, Monkey Tree, Boston Pizza, Bruno's Pizza

Nicole Stewart...Coyote's, Latitudes, Mark, and Explorer Hotel

Merlyn Williams...Mike Marks

G.R. Reyes... Red Apple Restaurant every week

Bill Reid...The Diner – great healthy food – reasonable prices

Anonymous (2 people)...Dancing Moose and Wildcat (both, only because of the Ambience), North of 60 and The Elks

Diane & Walt... Bullocks, Bouwa Whee Smokehouse Café, Vietnamese Noodle house, Blue Star.

#### **Do you find high end Yellowknife restaurants over priced for the quality of food they serve?**

Dave Ritchie...yes

Nicole Stewart...no

Merlyn Williams...yes

G.R. Reyes...I think it's just fine (depends on the quality of food)

Bill Reid...yes

Anonymous ...it is a bit high  
...yes (2 people)

Diane & Walt... Yes, although quality is good.

#### **What is your view... Is the seating area comfortable, clean, and not too close to the next area?**

Dave Ritchie...yes

Nicole Stewart...yes, comfortable

Merlyn Williams...good

G.R. Reyes...I find the seating area is too crowded, too close to next table

Bill Reid...yes – good spacing

Anonymous...clean and comfortable but a bit too close together

Diane & WaltBullocks & Noodle House are busy & often overcrowded. Smokehouse & Blue Star are comfortable & clean

#### **What would you order that others should try?**

Dave Ritchie...Omelettes, Egg Benedict

Nicole Stewart...I usually have the special or prime rib

Anonymous...Fish & Chips, Liver and Onions

Merlyn Williams...Jumbo Egg Roll

G.R. Reyes...Yum! Yum Shrimp

Bill Reid...Chinese Food, omelettes (all types)

Diane & Walt... Fish & Chips & Salad, African Lamb stew. Vietnamese noodles #76.

#### **Do restaurants cater to seniors with hearing loss or other disabilities?**

Dave Ritchie...Yes but Gold Range has four steps up, Blue Star has a ramp

Anonymous (2persons)...no & not really

Nicole Stewart...yes a few

Merlyn Williams...no

G.R. Reyes...Not sure! They have no ramp for the disabled person

Bill Reid...no

Diane & Walt...more access ramps needed

#### **A lot of restaurants are asking 18% tips when using credit or debit cards. What percentage do you think is fair?**

Dave Ritchie...10%... pay staff more than minimum wage

Nicole Stewart...15%

Anonymous...I gave what I felt was worthy or ... 10%...tips should be based on the service received

Merlyn Williams...10%

G.R. Reyes...10-15%... I think 10-15% is fine, especially seniors, not 18% tip

Bill Reid...I tip only based on service – bad service – no tip – 15% is enough – or more for excellent service

Diane & Walt15% before GST. More for exceptional food or service.

#### **Other comments?**

Nicole Stewart...I find Coyote's the best. They make everyone feel welcome and will accommodate people with different food requirements.

Walt... "Double the bacon for half the price".





YWCA on Matonabee

### Congratulations Ruth Spence

The board of directors of the local YWCA recently honoured the first executive director of YWCA Yellowknife, Ruth Spence, by naming the program room for her. Ruth started work at YWCA Yellowknife in 1966 and directed an unprecedented expansion of housing services, from the 12 bed house on Matonabee to the old RCMP barracks on 51 Street (now Yellowknife Day Care). She was instrumental in opening the affordable housing across the street from Lynn's Place at Northern United Place. "Ruth has been a powerful force for the development of YWCA Yellowknife into the agency it is today", said Lyda Fuller, Executive Director of YWCA Yellowknife on September 26, 2014.



### From the Kitchen of My Great Grandmother MacKenzie

#### (Christmas) Plum Pudding

**2 cups raisins**  
**2 cups currants**  
**2 cups of suet (ground)**  
**2 cups of flour**  
**2 cups bread crumbs**  
**1/2 cup molasses**  
**5 eggs**

**1 teaspoon each of cloves, cinnamon, nutmeg, ginger, salt, mace, and grated orange and/or lemon peel.**

**2 teaspoons baking soda**  
**1 apple (chopped)**  
**Milk**

**Combine bread crumbs, spices, flour & baking soda. Add beaten eggs, suet, currants and raisins, apple and molasses. Mix well. Add enough milk to make a stiff batter. Turn into a greased mold (or cheese cloth bag) and steam for 3 hours or more**

## UNCLE ED THE SOLDIER

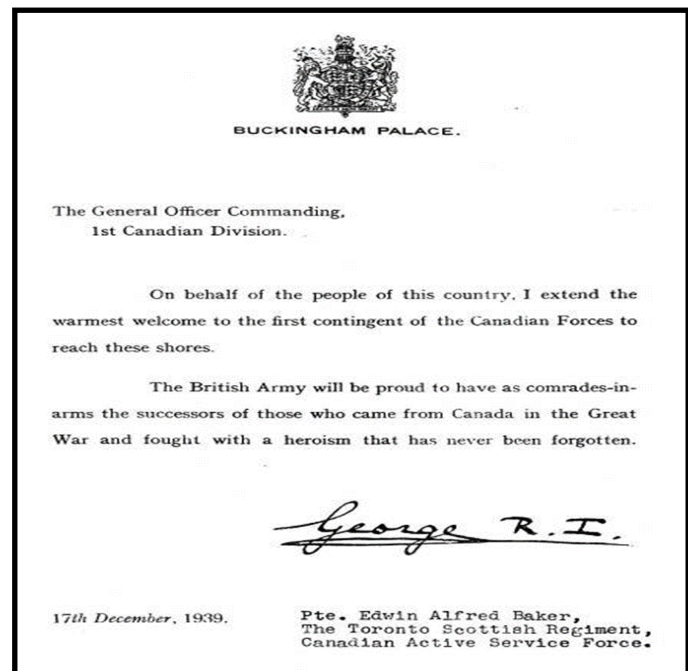
As a small child, I can remember riding on an uncle's shoulders on a clear, crisp, dark winter evening, big stars above, crispy snow under his feet, and my mittens covering his cold ears as he jogged along. That was Uncle Ed, my "second Father", singing and laughing as he carried me to the CPR station and my first train ride. While Father had six beloved brothers, all childless, all ready to help bring me up, Ed was the one who spent most time with us, coming to work in the Sudbury mines as my Father did and sometimes living with us.

By September 1939 when war was declared, three Baker brothers were working in the mines in Sudbury. A recruiting station was set up at the CPR station, and immediately Ed and Clifford enlisted, only discovering each other's action upon arriving at our house to tell my Father. I can remember the loud laughter and some tears. They went immediately to the Toronto Exhibition Grounds for basic training joining the Toronto Scottish Regiment. Near the end of November, Ed and Cliff-in kilts-were back for their "embarkation" leave (for me what strange clothes and meaningless words). They assured me they would be back within the year, but that was a huge underestimation.



King George VI's letter welcoming the Canadian Division to Britain on December 17, 1939, was sent to each soldier. It was June before the Canadians got to action in France, just as the British began to leave: Ed's war records say they were in Brest, France, June 14, 1940, and back in Plymouth on the 15th. Then the long ordeal began of waiting in England: D-Day was four years away.

The brothers exchanged letters with us at least once or twice a month all that time-with photos and little souvenir parcels for me. These letters were censored-often words were blacked out but Ed was clever with hints. A letter in March 1941 said that the Engineering Corps needed recruits with mining background, so he had transferred, moved "a considerable distance", was now doing "Sudbury type work", and might start learning Spanish. Father realized Ed must be in Gibraltar.



Shortly after CBC news broadcasts confirmed that Canadians were helping to mine out an underground hospital, and using the debris to construct a new longer runway out into the sea so bigger planes could land at Gibraltar. Mining techniques used for the "hard" rock of Canada were better suited to Gibraltar than the traditional "soft" British ones. By December 1942, the job was done and Ed was back in England. Early in 1943 the mayor of Sudbury sent letters of congratulation to the eleven local families whose relatives were in the Gibraltar mining group; they had done Sudbury proud! The Canadian army was impressed too-all 200 Canadian participants received a special medal. Ed's is on display in the Toronto Scottish Regiment's museum in Toronto.

Continued on page 8.....



**Ed Baker –Soldier (continued)**

Finally in August 1944, Corporal Ed Baker arrived on the Continent, assigned to a company rebuilding bridges in the Netherlands, then Germany. At war's end, now Sergeant Ed Baker decided that he could not leave this area with so many unexploded land mines, and volunteered to stay on for three months while he and his crew worked diligently and carefully. He made it back to Canada just in time for Thanksgiving 1945. Finally I had my "second father" back.... **Isabell McDorman**



Dear Mrs. Baker:

I noticed by our local paper, the Sudbury Star, that 11 Nickel Miners had been honoured for work done on the Gibraltar defences and your son's name Corporal E. E. Baker was in the list.

Since I haven't your son's address, I am writing to ask you to convey my thanks and appreciation to your son Corporal E. E. Baker, for his fine work at Gibraltar, which has brought honour to Canada and Sudbury in particular.

Sincerely,

Mayor H. J. Boston.

WSS:BE.

## NORTHERN CANCER SUPPORT GROUP

When you first get diagnosed with what can be a life threatening illness like cancer, it can be quite a shock, mentally, spiritually and physically. You will probably have a lot of questions, worries and concerns.

Some of these can be answered by the doctors and some of you can discover answers through research. However there are some that are best answered by people who have been through it. They can also give you some ideas, tips and information not just on the illness and treatment you will be going through but on also how to best navigate your way through the health care system.

This is especially true in the north. We don't have ready access to many of the resources available in the south and we have the added burden that we often have to travel south for tests, diagnosis and treatment.

When I went through my bout with cancer I was a little surprised to discover that there was no Cancer support group in the north except for women with breast cancer. So when I returned from treatment I started one based out of Yellowknife but covering all cancers because much of what you will go through is similar regardless of type of cancer or gender.

From researching support groups down south, this group would fall into the informational type. So if you or anyone you know is battling cancer gives us a call (873-5486), or attend our support group session on the 2nd Wednesday of each month at the Baker Community Center (6:30pm). I can't promise we can help, but we can try and we know what it is like to go through cancer from a personal or peer perspective.







## **Yellowknife Seniors' Society Investment Club**

Older adults often find themselves dealing with investment issues. It may be to accumulate a nest-egg which will help sustain us through our retirement or to manage the investments in that nest-egg as we navigate through our retirement. In any event, we find ourselves spending substantial time dealing with our investments. A group of Yellowknife Seniors' Society members have formed an investment club which meets on a regular monthly basis to discuss investment issues and opportunities.

You may have heard of the club and wondered "what is an investment club all about?" and "how does it operate?" Although there are many investment clubs, they all set their own unique objectives and rules for participation and decision making. The primary objective of our club is for members to discuss and share investment knowledge and opportunities. Members have agreed that learning about investments can be more interesting if they were to collectively make decisions regarding actual investments in which they had a shared interest. The members have established a participation partnership to hold the investments and financial assets on behalf of the members. To build up the assets of the club, members agree to purchase one partnership participation unit for \$40 each month. The proceeds are invested as decided collectively by club members. Participation units rise (or fall) in value as the underlying investments rise and fall. Within broad limits members are free to buy and sell participation units among themselves. Each participation unit represents a share in the investments and assets held by the club. The more participation units held by a member the greater his or her share.

In addition to purchasing the monthly participation units and making investment decisions, members agree to report on investment and financial topics and investment opportunities they have encountered during the preceding month. In this way they share their investment knowledge bring forward investment proposals.

At this stage we may have tweaked your interest in the club. You can find out more by attending one of the regular meetings held in the evenings on the third Monday of each month 7:30 PM, at the Baker Community Centre. Or you could contact one of the current members. But please don't think that joining the investment club will answer all your investment questions. It won't. Neither is it a way to make a whole lot of money to finance your retirement. At \$40 a month it won't do that either. What it will do is provide you with opportunities to learn a little more about investing and have a bit of fun doing it without putting too much of your hard earned money at risk.

**Dave Wind, YK Seniors Investment Club member**

# Our Members Out and About

Again this past summer, on August 13, the Eggenbergers provided a boat tour of Yellowknife Bay on Great Slave Lake. The tour was “sold out” and the selected day was beautiful as we see by the picture tour. The pictures were supplied by Cito Domingo and Ramon Masongsong.



The tour starts at the public dock, travels toward Con, then around Latham Island to Back Bay and Giant Area, returning to the public dock.





**A tasty lunch is always served on board while touring Yellowknife Bay.**





## Canada 55+ Games 2014. by Chris Williams

A Territorial Team of more than 60 travelled down to Sherwood Park, Strathcona County, Alberta, for the Canada +55 Games 2014. (Also known as the Canada Seniors' Games.)

They curled and they hockied,  
they darted and they pooled,  
they scrabbled and they cycled,  
they bridged and they cribbed,  
They tennised. they golfed and they bowled,  
they also swam. (My how they swam!)



A total of eight communities were represented:

Enterprise, Hay River, Fort Smith, Fort Providence, Fort McPherson, Yellowknife, Norman Wells and Inuvik. With some inter-territorial cooperation two men's curling teams were able to compete, the team from Hay River representing the NWT and the team from Yellowknife representing Nunavut. The hockey team was made up of players from several communities and only practised together when they reached the Games. This put them at a great disadvantage when playing against several of the provinces who were represented by club teams who play together regularly on a year round basis.

One sport which attracted quite a bit of interest was 'Pickleball' allegedly the fastest growing in North America, if not the world. The sport is a cross between badminton and tennis and began in the southern US, where it soon became popular with Snowbirds who brought it back to Canada. Watch out for an upcoming Pickleball program in Yellowknife.

The team brought home a total of 16 medals: Robert Winter won a Gold in Bowling, Helena Haener gained Silver in Bowling and Nancy Makepeace a silver in Cycling, Helen Adlem won a Bronze in Darts,. The curling team from Hay River just missed out on a medal coming 4<sup>th</sup>.

However it was again the swim team that brought home most of the medals even though this year it was reduced to four swimmers. Joan Hirons won four individual Gold medals, (and added a Silver swimming for Ontario in one of the relays), Chris Williams won three Golds, Edna Woodward a matched set, 2 Gold, a Silver and a Bronze and Mary Pat Short a Bronze.

Thank you to the 55+ Games Committee which spent a lot of time in the year before the Games fundraising and to Sport North who also gave grants to the participants as well as providing our super Chef de Mission, Bill Othmer.





## Computer Hints

### Backup your files on a regular basis..

**Don't use the same drive for backup and storage.** You should never have just one copy of anything. USB drives are quite cheap & getting cheaper. Use a backup drive for backups only, not general storage and backup. Store a second copy of things like photos, documents, financial data, etc. every few months.

### Archive some important files (for family later on)...

Someday your grandchildren will be interested in your photos and what happened during your life. How can you save digital info for long periods of time?

Stick with popular file formats that can be used by everyone.

Save documents in **.docx**, **.doc**, **.pdf**, **.txt** and **.html**

For photos, use **.jpg** and **.png**

Music should be stored in **.mpg**, and **.wav**

Video files is a problem. It might be best to simply burn your video to **DVD** or **Blu-Ray** discs.

What media is best to store them on? Who really knows the answer to this one. For now, the best media is an **external hard drive** or **SSD** (including USB stick drives) . You could consider **cloud** service also. **SSD** drives are solid state drives where there are no moving parts.

### Good Bye Ruth

90 km (57 miles) east of Yellowknife was the location of the **Ruth Mine**, a gold deposit. A shaft was sunk in 1941 and in 1942 during the height of WWII a camp and plant were built. The mine went into production in July and August on behalf of Consolidated Mining and Smelting Company of Canada. The mill operated for only two weeks and had to shut down because of a shortage of labour due to the war. It never reopened.

In the summer of 2014 all the buildings were destroyed by a large forest fire.



### I am a Senior Citizen

- I'm the life of the party... even when it lasts 'till 8pm.
- I'm usually interested in going home before I get to where I'm going.
  - I'm the first one to find the bathroom wherever I go.
  - I'm awake many hours before my body allows me to get up.
  - I'm smiling all the time because I can't hear a word you're saying.
  - I'm very good at telling stories...over and over and over and over.
- I'm not grouchy, I just don't like traffic, waiting, children, politicians...
  - I'm positive I did housework correctly before the Internet.
  - I'm sure everything I can't find is in a secure place.
  - I'm wrinkled, saggy and lumpy, and that's just my left leg.
  - I'm having trouble remembering simple words like... uh...
  - I'm walking more (to the bathroom) and enjoying it less.
- I'm wondering, if you're only as old as you feel, how could I be alive at **150?**
  - I'm anti-everything now: anti-fat, anti-smoke, anti-noise, anti-inflammatory.
  - I'm a walking storeroom of facts... I've just lost the key to the storeroom.

**I'm a Senior and I think I am having the time of my life... Aren't I?**

# Word Search

## Winter

Find and circle all of the Winter related words that are hidden in the grid.

The remaining letters spell a Japanese proverb.

L S O S E K A L F W O N S E L C I C I N  
L E Y C E K R A I M N D D R A Z Z I L B  
A S C A W V K A I O E C I K C A L B R D  
B W A R D R O T E S N O W S H O V E L C  
W E R F A I T L C W A F I R E P L A C E  
O A N P I E L I G E R N H E A D B A N D  
N T I S N C P O L S Y E S E T A K S S W  
S S V S N M E T H K E A D N D F R N E M  
T H A M Y O S F S C K T N N O L O H A R  
Y I L L R A W E I O C W O E U W O G S W  
E R O S C O R S W S O I I B B G M C O I  
S T E W A I T S H L H V T O O S N A N N  
N K O P T M O S P O G I A S T G O O N D  
D N I W P L T W T O E R N C O E G U L C  
S E O I S I O S N W D S R G A R E A P H  
E N L T N N L G I F R E E Z E T F L N I  
S R I S S G G S M R O N B O O D I K S L  
T C F I R E W O O D H A I L S T O O B L  
F H S S T N A P I K S C H P A C T I N K

BLACK ICE	HAIL	SEASON	SNOWBOARD
BLIZZARD	HEADBAND	SKATES	SNOWFLAKE
BOOTS	HIBERNATION	SKI DOO	SNOWMAN
CARNIVAL	HOCKEY	SKI PANTS	SNOWSHOES
CHRISTMAS	HOLIDAYS	SKIING	SOLSTICE
COLD	ICE FISHING	SLED	SOUP
EGG NOG	ICICLES	SLEET	STEW
FIREPLACE	KNIT CAP	SLIPPERY	STORM
FIREWOOD	LONG UNDERWEAR	SNOW CASTLE	SWEATSHIRT
FOG	MITTENS	SNOW PLOW	TOBOGGAN
FREEZE	OLYMPICS	SNOW SHOVEL	VACATION
FROST	PARKA	SNOW TIRES	WIND CHILL
GLOVES	SCARF	SNOWBALL	WOOL SOCKS





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A full colour version of this  
publication is available from our  
web site.



### Board of Directors 2014-2015

President.....	Sandra Taylor
1st Vice-President.....	Hal Logsdon
2nd Vice-President.....	John Soderberg
Secretary.....	Kathryn Youngblut
Treasurer.....	Ramon Masongsong
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Communications/Public Relations.....	Lynda Comerford
Membership Committee .....	
Fundraising Committee .....	Barb McDonald
Directors (unassigned).....	Hugh Wetmore Yvonne Quick
Past President.....	Murray Jones



**YK Seniors' Society Board Meetings**  
On the second Tuesday of each month

**Welcome to visiting Seniors.**  
Come and join us for  
**Lunch With A Bunch on Fridays at 12 noon,**  
at the Baker Community Centre, 5710 50th Ave.